



LAKE ONTARIO 300
July 15 – July 19, 2011
Port Credit Yacht Club (PCYC)
SAILING INSTRUCTIONS
With Amendment 1 on July 12, 2011
www.lo300.org

Amendment	Date	Section	Description
1	July 12, 2011	1.5A	Clarify use of engines to charge batteries and use of powered auto helm devices

1 RULES

- 1.1 The race will be governed by the rules as defined in *The Racing Rules of Sailing (RRS)*.
- 1.2 Canadian Yachting Association (CYA) Prescriptions will apply for the entire race; including in US waters, see www.sailing.ca/files/racing/rules/CYAPrescriptions2009-12.pdf
- 1.3 Applicable Class Rules
 For:
- Monohull sailboats racing in Double Handed or Fully Crewed PHRF, the PHRF-LO rules shall apply
 - Monohull sailboats racing in Double Handed or Fully Crewed IRC, the IRC Rules 2011 Parts A, B and C shall apply
 - Multihull sailboats racing in Fully Crewed, GLMA Rules shall apply
 - Sailboats racing in the Solo Challenge, GLSS Handicap Rules shall apply
- 1.4 The Lake Ontario 300 Challenge Race is governed by the following
The Lake Ontario 300 Challenge Race Equipment & Safety Regulations available at www.lo300.org
Port Credit Yacht Club Visiting Yacht Policy available at www.pcy.net
- 1.5A Racing rule(s) will be changed as follows:
- The provisions of Appendix Q (CYA Prescription) of the Racing Rules of Sailing shall apply to the period between 2000hrs and 0600hrs
 - Rule 41 – Outside Help
 - Is modified to add
 - e) help to recover a crew member from the water and return the crew member to the boat before the boat continues racing.

f) to communicate with any person, competitor, sailboat or outside source of information available using any means available throughout the race.

42.3 Exceptions

Is extended so an engine may be used for generating electrical power provided that such use does not advance the boat's position

52 MANUAL POWER

Is modified to allow the use of power auto helm devices

Other changes to the Racing Rules of Sailing are documented in the appropriate items below.

1.5B The following racing rule(s) changes apply only to the LO300 Solo Challenge:

Rule 41 – Outside Help

Is modified to add

A boat may anchor or tie to a dock.

During the LO300 Solo Challenge, including when a boat is anchored or moored, the following is specifically prohibited:

(A) Any prearranged transmissions for the advantage of the individual skipper.

(B) Communications with non-participants for the purpose of a position fix.

(C) Outside physical assistance, an example of which is to free a grounded boat.

(D) Materials, equipment or supplies of any sort shall not be taken aboard the boat.

(E) No materials shall leave the boat except that accidentally fall overboard or are supplied to others in distress.

If a skipper feels that it is necessary to withdraw from the Challenge temporarily, he or she shall attempt to continue to be as self-sufficient as he or she would be if he or she were still on the course and remain on the boat except to attend to docking.

Rule 42 – Propulsion

Is modified to add

(A) Engine propulsion may be used to avoid a collision with commercial traffic providing that such usage does not advance the boat's position from its original position just prior to the hazardous incident.

(B) A boat may temporarily withdraw from the Challenge. In order to safely enter or leave a harbour, motoring from a minimum safe distance for the conditions is acceptable. Any motoring that would be necessary must not improve the skipper's position.

(C) An engine may be used for generating electrical power provided that such use does not advance the boat's position.

(D) All uses of the engine for propulsion must be logged and reported to the Race Committee when registering after the Challenge.

(E) Engine propulsion may be used to clear seaweed or fish netting from the keel, rudder, or propeller as long as the use does not improve the boat's position.

Participants are reminded that RRS#42 forbids the use of engine propulsion to free a grounded boat.

1.6 Class rule(s) will be changed as follows:

IRC: Sailboats are allowed to carry one additional spinnaker over the number listed in the sailboats' IRC certificate

- 1.7 This event is designated a Clean Regatta Bronze by the *Sailors for the Sea* (www.sailorsforthesea.org) By entering, all competitors agree to abide by Clean Regatta Bronze level certification requirements. Sailboats observed discharging garbage or black water (sewage with faeces) into Lake Ontario or harbours will be protested and the penalty is disqualification from the race. Any such disqualification may be used by the Organizing Authority whether to accept future registrations by this sailboat or owner.
- 1.8 All sailboats must complete a LO300 Sail Plan as part of onsite registration prior to the Competitors' Meeting at 1900 EDT Friday, July 15, 2011. This Sail Plan is filed with the Organization Authority at the registration desk. Once filed, each sailboat must close the Sail Plan by one of the following:
 1. Closing it at the post finish check in at PCYC
 2. Closing it as part of the withdrawal process, see SI 16
 3. If the sailboat did not start the race, by notifying the Race Committee of this and to close the Sail Plan
- 1.9 Sailboats shall only display a sail number registered specific to the sailboat at the time of its commission. Requests to display alternative sail numbers to the sailboat's commission may be approved by the Race Committee if filed, in writing, with the registrar prior to 1900 EDT Friday, July 15, 2011.
- 1.10 While racing, sailboats shall not fly an ensign, a club burgee or other flags unless required or permitted by the Racing Rules of Sailing, Notice of Race, Sailing Instructions, Class Rules, ISAF Regulations or supplied by the Organizing Authority. See SI 16 Safety Regulations for withdrawals.
- 1.11 Each sailboat provided with bow stickers shall place these on the port and starboard bow of the sailboat prior to the race. Solo Challenge sailboats must also place a white 2' x 2' x 2' triangle on the leech of mainsail on both sides above any reefing points formed with Glofast™ luminous cloth tape supplied by the Organizing Authority.
- 1.12 All sailboats shall carry and use a transponder for tracking by Yellowbrick (www.yellowbrick-tracking.com). The cost of the transponder rental is included in the Entry Fee. The transponder should be picked up during check in prior to the Competitors' Meeting at 1900 EDT Friday, July 15, 2011.
- 1.14 In case of differences between the Notice of Race and these Sailing Instructions, these Sailing Instructions shall apply.

2 NOTICES TO COMPETITORS

Notices to Competitors will be posted on the official notice board located in the tent adjacent to the PCYC club house.

3 CHANGES TO SAILING INSTRUCTIONS

Any change to the Sailing Instructions will be posted on the Lake Ontario 300 Official Notice Board prior to 0800 EDT July 16, 2011.

4 SIGNALS MADE ASHORE

Signals made ashore will be displayed on the main flag pole of the PCYC.

5 SCHEDULE OF RACES

5.1 The first warning signal is at

Solo Challenge 1025 EDT, Saturday, July 16, 2011

Doubled Handed & Fully Crewed 1055 EDT, Saturday, July 16, 2011

5.2 Division and fleet splits and starting sequence, including class flags, for RRS 26, shall be made available no later than 0800 EDT Friday, July 15, 2011 on the Official Notice Board. They may be published earlier at <http://www.yachtscoring.com/emenu.cfm?eID=434>. The assignment of participants to a fleet is subject to correction.

6 CLASS FLAGS

See 5.2. for class flags for RSS 26. There is no requirement to fly backstay or identification flags.

7 RACING AREA


The race will occur in Lake Ontario; see Diagrams 3 and 4.

8 THE COURSES

8.1 Main Duck Island Course (Diagram 3)

	Start	
To	Gibraltar Point Mark	Left to starboard
To	Main Duck and Yorkshire Islands	Left to starboard
To	Ford Shoal Buoy	Left to starboard
To	Niagara Mark	Left to starboard
To	PCYC Mark	Left to starboard
To	Finish	

The approximate distance is 300 NM.

Course Flag- Sole Challenge only: Racing Area - Code Flag D 

Course Flag- Fully Crewed and Double Handed: Racing Area - Code Flag F 

8.2 Scotch Bonnet Island Course (Diagram 4)

	Start	
To	Gibraltar Point Mark	Left to starboard
To	Scotch Bonnet Island	Left to starboard
To	Niagara Mark	Left to starboard
To	PCYC Mark	Left to starboard
To	Finish	

The approximate distance is 200 NM.

Course Flag- Fully Crewed and Double Handed: Racing Area - Code Flag E 

9 MARKS

1	Start Mark	A orange inflatablebe mark, approximately 2.7 NM at 135°mag from the PCYC harbor entrance, 43° 32.14' N, 79° 30.26' W
2	Gibraltar Point Mark	A red buoy with a flashing red light located just off the Toronto Islands located at approximately 43°36.32'N, 79°23.50'W
3	Scotch Bonnet Island	A flashing white (4s.) light on a white skeleton tower (19.1m) located on a small island SW of Nicholson Island at approximately 43°53.97'N, 77°32.55'W (Scotch Bonnet Island Course only)
4	Main Duck and Yorkshire Islands	Sailboats must round both Main Duck and Yorkshire islands including shoal marker buoys MM2, a red buoy with a flashing red light (4s.) located at approximately 43°54.56' N, 76°35.68' W and M9, a green buoy with flashing green light (4s.) located at approximately 43° 55.02' N, 76° 40.53' W (Main Duck Island Course only)
5	Ford Shoal Buoy	A flashing green (4s.) mark located east of Oswego located at approximately 43° 26.95' N, 76° 35.34' W (Main Duck Island Course only) (<i>Lighted Buoy 1</i>)
6	Niagara Mark	A red buoy marked "2", with a flashing red light (4s.), located at approximately 43°19.04'N, 79°04.23'W, 3.4 NM north of the light at Fort Niagara. (<i>Niagara Bar light buoy 2</i>)
7	PCYC Mark	A white buoy with orange stripes, with red flag, and flashing amber (yellow) light, lighted only overnight, appromximately 200° magnetic and 1200 yards (0.6nm) from the PCYC Harbor entrance light approximately at 43°33.20'N 079°33.50'W. See Diagram 2, The Finish.
8	Finish Mark	A white buoy with orange stripes and fixed low intensity amber

		(yellow) light, lighted only overnight, approximately 140 mag and 240 yards (0.12nm) from the shore station approximately at 43°33.69'N 079°33.32'W. <i>See Diagram 2, The Finish.</i>
9	Race Committee Shore Station	A mast flying an orange flag, located on the headland immediately west of the entrance to the harbour at PCYC approximately at 43°33.76'N 079°33.45'W. <i>See Diagram 2, The Finish.</i>
10	Distance Mark	A yellow tetrahedron, located on a bearing of 140° magnetic from the Race Committee Shore Station and approximately at 43°33.72'N 079°33.38'W. <i>See Diagram 2, The Finish</i>

9.1 Marks as listed, above, should be at the identified latitude and longitude location. In the event that a mark is not at the identified latitude and longitude location, or otherwise cannot be seen due to poor visibility, then the sailboat shall round the identified latitude and longitude location as indicated in the Sailing Instructions, and continue with the race.

9.2 A record shall be entered in the sailboat's log detailing the timeline and efforts made to find the mark and the time that the mark's identified latitude and longitude was deemed to have been rounded. This record must be submitted as per 11.3. The sailboat's GPS tracking record shall be saved and provided for evidentiary review by the Race Committee on request.

10 THE START

10.1 Races will be started by using rule 26.

10.2 The starting area shall be located at the Start Mark.

10.3 The starting line will be between an inflatable orange mark and the halyard carrying an orange flag on the Race Committee signal vessel.

10.4 After the first warning signal and prior to her warning signal, a sailboat shall keep clear of the starting area that extends one-quarter of the length of the starting line ahead of and behind the starting line. It shall also extend one-quarter of the length of the starting line past either end of the starting line; see Diagram 3, The Starting Area.

10.5 *If and only if, code flag "L" is displayed*, on the Race Committee Signal Vessel, sailboats shall sail on starboard tack close to the stern of the Race Committee Signal Vessel and shall report its sail number. Check in will not be complete until the Race Committee acknowledges the sailboat. Sailboats checking in must comply with 10.4. Check in by VHF radio or cell phone will not be accepted.

10.6 A sailboat starting later than 180 minutes after her starting signal will be scored Did Not Start without a hearing. This changes rules A4 and A5. Any sailboats starting within the time limit and if the Race Committee is no longer on station, shall radio the Race Committee VHF Channel 71 Canadian when she is starting.

10.7 If any part of a sailboat's hull, crew or equipment is on the course side of the starting line during the minute before her starting signal or she is subject to RRS 29.1 "Individual Recall", the Race Committee may announce this on the VHF Channel 71 Canadian. Failure to make a broadcast or its order will not be grounds for a request for redress. This changes rule 62.1(a).

11 THE FINISH

11.1 The finish is between the Finish Mark and the Race Committee Shore Station.

Note: Sailboats shall not sail between the Distance Mark and the Race Committee Shore Station, and this Distance Mark shall be considered a "bounding" mark as described in Rule 31.1. See Diagram 2, The Finish.

11.2 Each sailboat shall call/hail the Race Committee Shore Station approximately 5 NM from the finish on VHF Channel 71 Canadian. Sailboats are required to maintain radio contact with the shore station throughout the finish to ensure correct identification of the finishing sailboat, until

they are docked at PCYC, whether day or night. When finishing between sunset and sunrise, all sailboats shall announce their sail numbers, immediately prior to finishing, and record their finish time.

- 11.3 After a sailboat has finished, the Race Committee may acknowledge the successful completion by providing the sailboat's finish time or other signal. This acknowledgement, the failure to make the acknowledgement or its order will not be grounds for a request for redress. This changes rule 62.1(a).
- 11.4 Sailboats are required to return to PCYC after finishing the race. L0300 race logs, finish time and any Alternative Penalty Forms shall be submitted no later than 90 minutes after finishing the race to the Race Check-in Desk located on the PCYC Clubhouse ground floor.

12 PENALTY SYSTEM

- 12.1 The Scoring Penalty, rule 44.3, will apply, with 44.3 (c) is changed so that the penalty assessed will be 30 minutes added to her elapsed time. A sailboat taking a scoring penalty shall complete the Scoring Penalty and file it with the race committee within two hours of her finish.
- 12.2 A sailboat On the Course Side (OCS) at the start of the sailboat's class that fails to return and start properly, shall be penalized by having thirty (30) minutes added to her elapsed time without a hearing. This changes RRS 28.1, RRS 29.1, RRS Appendix A5, and RRS 64.1 (a).
- 12.3. A sailboat starting before her Prep Signal will be protested by the Race Committee and the Protest Committee will apply an appropriate elapsed time penalty if the boat is found to have infringed this requirement. This changes RRS 64.1 (a).

13 TIME LIMITS AND TARGET TIMES

- 13.1 There is no time limit. The finish line will be attended from prior to the arrival of the first boat until 16:00 hrs on Tuesday July 20. All boats finishing after that time must record their own finish time and submit this to the Race Committee upon arrival at PCYC. The Race Committee has the option of extending the time that the finish line is attended in four-hour increments until 23.59 on Tuesday July 20 and will advise boats still on the course of any such an extension on VHF Channel 71.
- 13.2 See SI 16 for withdrawals.

14 PROTESTS AND REQUESTS FOR REDRESS

- 14.1 Protest forms are available at the Race Check-in Desk located on the ground floor of the PCYC clubhouse.
- 14.2 Protests shall be filed at the Race Check-in Desk, within two hours of a sailboat's finish.
- 14.3 Notices of protests by the Race Committee or Protest Committee will be posted to inform boats under rule 61.1(b) on the official notice board.
- 14.4 Breaches of instructions 1.7, 1.8, 1.9, 1.10, 1.10, 1.11, 10.12, 10.5, 16, 17 and 21 will not be grounds for a protest by a sailboat. This changes rule 60.1(a). Penalties for these breaches may be less than disqualification if the Protest Committee so decides. The scoring abbreviation for a discretionary penalty imposed under this instruction will be DPI.
- 14.5 Hearings will take place at 1900 EDT, Thursday, July 21, 2011 at PCYC.

15. SCORING

Solo Challenge only – GLSS Handicap formula

Monohulls, double handled and fully, crewed - PHRF-LO Time on Time (TOT) formula and IRC Rule

Multihulls, fully crewed, - GLMRA formula

16 SAFETY REGULATIONS

- 16.1 Sailboats are encouraged to implement their own check in process and schedule during the race with individuals ashore via phone email or other mechanism.

- 16.2 A sailboat withdrawing from the race shall wear her ensign and keep clear of other competitors.
- 16.3 The Race Committee shall be notified of a sailboat's withdrawal at the earliest possible opportunity on VHF Channel Canadian 71, at the following telephone number 1-866-462-8828, follow the prompts or at the email address of racecommittee@lo300.org.
- 16.4 Sailboats may check in with the Race Committee at any time during the race to advise Race Committee of their position at 1-866-462-8828, follow the prompts, or the email address of racecommittee@lo300.org.
- 16.5 Failure of a sailboat to make every reasonable effort, under the circumstances, to comply with 16.3, may result in protest by the Race Committee. The results of this hearing may be used by the Organizing Authority whether to accept future registrations by this sailboat or owner.
- 16.6 All sailboats racing shall be required to maintain a log of significant events; mark rounding, calls to the Coast Guard and engine on and off for charging only. This record must be submitted as per 11.4.
- 16.7 Racers are reminded to remain vigilant of participants in the Solo Challenge whose sailboats will be identified by a white 2' x 2' x 2' triangle on the leech of mainsail on both sides formed with Glofast™ luminous cloth tape.

17 EQUIPMENT AND MEASUREMENT CHECKS

- 17.1 A sailboat or equipment may be inspected at any time for compliance with the class rules and sailing instructions. On the water, a sailboat can be instructed by the Race Committee or measurer to proceed immediately to a designated area for inspection.
- 17.2 All sailboats shall be reviewed for the mandatory equipment requirements referenced in 1.4. The review may be undertaken by a Safety or Flag Officer of the entrant's Sailboat Club, or by arrangement with the Lake Ontario 300 Safety Officer. A sailboat must successfully complete this review prior to Wednesday, July 13, 2011.

18 COMMUNICATION

- 18.1 Marine VHF Channel 71 Canadian shall be used by the Race Committee for radio communication during the race.
- 18.2 Each sailboat shall monitor VHF Channel 71 from one hour before her warning signal until rounding Gibraltar Point/Toronto Mark, and from approximately one hour before finishing until secured at PCYC.
- 18.3 Sailboats are encouraged to talk to other sailboats in the race on marine VHF channel 71 throughout the race, especially at 1000 and 2200 EDT. Sailboats shall monitor marine VHF channel 16 at all other times.

19 PRIZES

Prizes will be given as listed at <http://www.lo300.org/registration-info/trophies>.

20 DISCLAIMER OF LIABILITY

Sailing is an activity that has an inherent risk of damage and injury. Competitors in this event are participating entirely at their own risk. See RRS 4, Decision to Race. The race organizers (organizing authority, Race Committee, Protest Committee, host club, sponsors, or any other organization or official) will not be responsible for damage to any sailboat or other property or the injury to any competitor, including death, sustained as a result of participation in this event. By participating in this event, each competitor agrees to release the race organizers from any and all liability associated with such competitor's participation in this event to the fullest extent permitted by law.

21 INSURANCE

Each participating sailboat shall be insured with a valid third-party liability insurance policy with a minimum cover of \$2,000,000 CAD per event for Canadian boats and an adequate level of third-party liability insurance applicable in Canadian and US waters for non-Canadian sailboats.

Diagram 1 The Starting Area



After the first warning signal for a race and prior to her warning signal, a sailboat shall keep clear of the starting area that extends one-quarter of the length of the starting line ahead of and behind the starting line. It shall also extend one-quarter of the length of the starting line past either end of the starting line

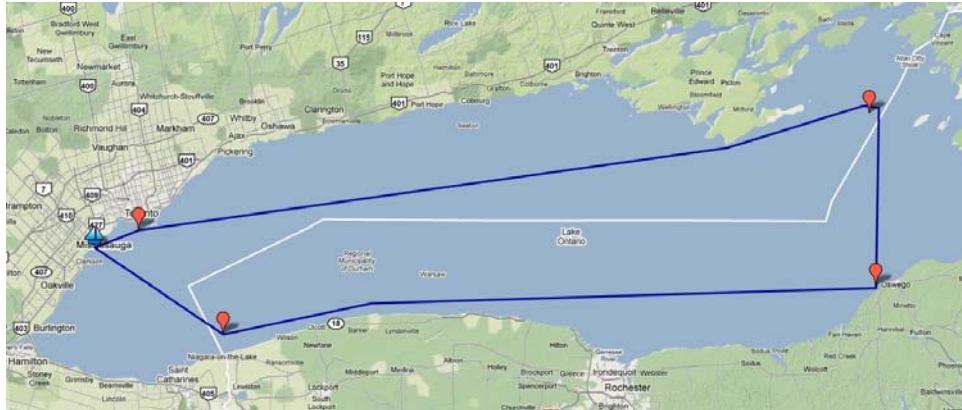
Diagram 2 The Finish



- For a description and locations of the marks, see SI 9 Marks
- For details of the Finish, see SI 11 The Finish

Diagram 3

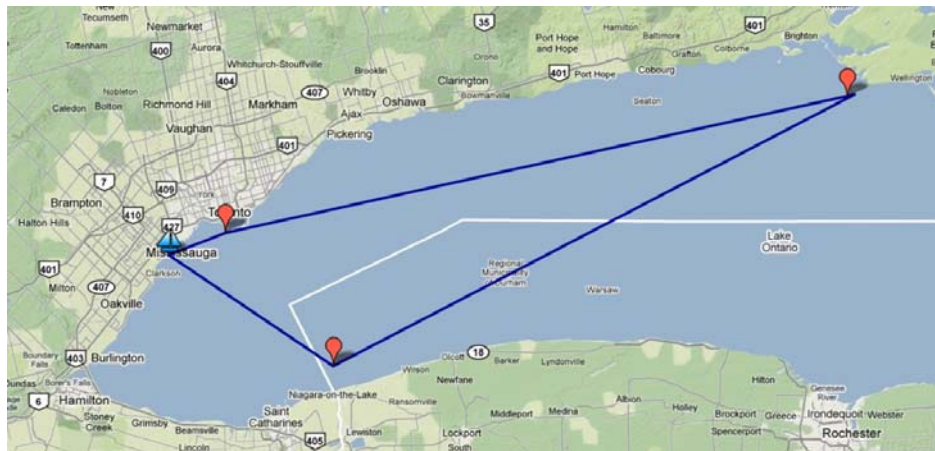
Main Duck Island Course



Not be used for navigation

Diagram 4

Scotch Bonnet Island Course



Not be used for navigation

Contact Information

L0300

Web site www.lo300.org
Email racecommittee@lo300.org
Phone 1-866-462-8828 (follow prompts)

PCYC

Web site www.pyc.net
Phone 905-278-7911
FAX 905-278-2519



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